

CALL IF EATING IN
BEFORE 9am

Suggested
Donation \$4 (802)287-9200

Under 60 suggested
donation of \$6

Meals Served 12:00

Feb-26

| Tuesday | Wednesday | Thursday | Friday |
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| 3 Goulash Garden Salad Pears <u>Bone Builders 9:30</u> | 4 Roast Pork w/Gravy Mashed Potatoes Green Beans Fruit Crisp <u>Card Playing 1:00 PM</u> | 5 Soup'er Bowl Party Corn Chowder Deli Sandwich Garden Salad Mandarin Oranges <u>Bone Builders 9:30</u> | 6 Chicken Pot Pie Cole Slaw Berries <u>Chair Yoga @12:45</u> |
| 10 BBQ Ribs Brown Rice Baked Beans Cole Slaw Pineapple <u>Bone Builders 9:30</u> | 11 Mac & Cheese Stewed Tomatoes Broccoli Applesauce <u>Card Playing 1:00 PM</u> | 12 Birthday Dinner Baked Chicken Stuffing Mashed Potatoes Green Beans Cranberry Suace <u>Bone Builders 9:30</u> | 13 Beef Tips over Egg Noodles Garden Salad Pears <u>Chair Yoga @12:45</u> |
| 17 Chili Garden Salad Corn Muffin Mandarin Oranges <u>Bone Builders 9:30</u> | 18 French Toast Casserole Sausage Home Fries w/ Peppers & Onions Yogurt Parfait <u>Card Playing 1:00 PM</u> | 19 Pork Chops Mashed Sweet Potatoes California Mixed Veggies Fruit Crisp <u>Bone Builders 9:30</u> | 20 Chicken Cordon Bleu Casserole Garden Salad Fruit Cocktail <u>Chair Yoga @12:45</u> |
| 24 Shepherd's Pie Garden Salad Fruit Crisp <u>Bone Builders 9:30</u> | 25 Hummin Strummin Ukulele Minestrone Soup Deli Sandwich Cole Slaw Peaches <u>Card Playing 1:00 PM</u> | 26 Baked Ziti Garden Salad w/ Chickpeas Jello w/ Fruit <u>Bone Builders 9:30</u> | 27 Pulled Pork Sandwich Baked Beans Cole Slaw Pineapple <u>Chair Yoga @12:45</u> |
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ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.